



Creating Inner Joy Intuitive Painting Workshops

Learn to:

- Unleash your creativity
- Undo negative self-criticism
- Work through creative blocks
- Develop childlike playfulness and have fun

In this workshop participants will paint for process, not product. Through painting we reclaim what is authentic, allowing the intuition to lead us on a journey. Those seeking to go beyond self-imposed creative blocks and judgments and access new sources of energy, spontaneity, joy and play will find this a helpful method of self-exploration and spiritual discovery. Paintings are **never** critiqued, displayed or interpreted. Materials are included. No previous artmaking experience or ability is necessary.

"In the painting workshop, I was able to experience myself in a way I had never been able to do. The workshop was the best thing I did all summer. It was truly life-changing". F.B., Racine

6 Fridays from 9 a.m-noon
beginning July 16, 2010

location: 102 Tenth Street, Racine cost: \$195
contact: Amy Sprague Champeau, MS, LMFT
262.635.WELL (9355)

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go with that, because what the world needs are more people who have come alive." - Harold Whitman